

Cancer Wellness House is proud to present **new free programs** for all those living with cancer and their family and friends. Please see below for information on our new programs, as well as, our current programs. Check our website for further information [www.cancer-wellness.org](http://www.cancer-wellness.org) or contact us at 801.236.2294.

### **PEER CONNECT PROGRAM NEW!**

**Peer Connect Program** is aimed at connecting patients and caregivers to those individuals who “been there before” in order to share information, experiences and the valuable knowledge that survivors have and can share with newly diagnosed families in a one on one session or by phone. Patients and volunteers are matched by age, diagnosis and gender when possible.

**We are currently looking for volunteers to be trained “survivors” to give back and share with and inspire hope in other through the Peer Connect Program. Those interested, please contact 236-2294.**

### **WELLNESS WORKSHOPS**

**Writing Workshop: NEW!** In this workshop series, we will study works of fiction and nonfiction to see how life events can be shaped to make readers care. Then we will write and, in a supportive and no-pressure environment, critique our work. For the ambitious, we'll discuss marketing your work. Beginners and advanced welcome.

**2nd and 4th Thurs of the month, 6:00-7:30 pm**

**Meditation through Breath: NEW!** Experience the power of breath to help improve the quality of life in every aspect. This workshop will teach simple yet powerful breathing techniques to help de-stress, live in the present moment, break free from negativity, relax the body & mind and increase energy levels. Facilitated by Swapnil Sinha.

**3rd Tuesday of the month, 6:30—7:30**

**Gentle Yoga:** Held weekly, both with beginning and advanced exercises offered. Includes strength, flexibility, and relaxation. Facilitated by Danielle Thorpe, Jim Pehkonen, and Tim Lewis.

**Mondays, 5:30-6:30      **New Times****

**Wednesdays, 7:15-8:15**

**Therapeutic Massage:** Reduce your stress by the soothing touch of a 30 minute to 1hr body massage. Facilitated by massage therapy students and licensed massage therapists. Must Pre-Register by phone or in person.

**Check our calendar for dates. [www.cancer-wellness.org](http://www.cancer-wellness.org)**

**Therapeutic Touch:** A scientifically-based practice that promotes relaxation and a sense of comfort by which the practitioner uses their hands as a focus to facilitate the healing process. Facilitated by Rebecca Good, MA, RNC, ACRN, QTTT, LPC. Must Pre-Register by phone or in person.

**3rd Monday of the month, 5:00 –7:00 p.m.**

**Book Club:** Come, read and discuss a book of choice with other members who have common experiences. Facilitated by Sue Wurtzburg, PhD. Books provided by Utah Humanities Council. Held every two months.

**Check calendar for dates and times. [www.cancer-wellness.org](http://www.cancer-wellness.org)**

**Outdoor Club:** Held monthly, the Outdoor Club offers fun and easy to challenging activities for members. Activities range from outdoor hiking to an afternoon at the museum. RSVP 236-2294 or at [cancer-wellness.org](http://cancer-wellness.org)

Check our calendar for dates and times. [www.cancer-wellness.org](http://www.cancer-wellness.org)

## **SUPPORT GROUPS**

**Newcomers Tour:** Join us for a tour of our facility and an introduction to our weekly and monthly groups and programs. This is a wonderful opportunity to talk to a Cancer Wellness House representative about your cancer experience, your needs and interests, and ask any questions you have.

**Mondays, 5:00 -5:30 p.m.**

**Wellness Group:** Open to newly-diagnosed cancer patients and those whose cancers are in remission or have recurred to share their experiences with others while addressing a topics including treatment decisions & side-effects, relationships with others, role changes, uncertainties, spirituality, & family communication. Facilitated by John Conlee, PhD, LCSW.

**Wednesdays, 5:30 –7:00 p.m.**

**Prostate Cancer Support Group for Patients and Partners:** Support group for prostate patients & their partners to increase understanding of diagnosis & treatment, diminish fears associated with treatment through education & social opportunities, and encourage communication about side effects & intimacy. Funded by Crusin for the Cure. Facilitated by Valerie Lambert, LCSW & Lo Pennelton, LCSW.

**Tuesdays, 7:00 –8:00 p.m.**

**Caregivers Support Group:** Perfect for families, friends, & caregivers, this group will help you find new ways to take care of yourself while supporting a loved one with cancer. Topics addressed include common emotions, stress management, and practical tips for caregivers.

**1st and 3rd Wednesday of the month, 5:30 –7:00 p.m.**

## **KIDS and TEEN PROGRAM GROUPS**

**Kids Club:** An ongoing group for children between the ages of 6-12 whose parent, sibling or grandparent has cancer. Facilitated by child life specialist, Catrina Cattan.

**1st & 3rd Wednesday, 5:30 –7:00 p.m.**

**Kids Kope:** An ongoing bereavement group for children between the ages of 6-12 who have had a loved one die of cancer. Facilitated by Child Life Specialist Laura Gainer.

**2nd & 4th Thursdays, 5:30 –7:00 p.m.**

**Teen Club:** An ongoing group for young adults between the ages of 13-18 who have a loved one with cancer or who has died of cancer. The group meets for a different activity every month.

**3rd Thursday of the month, 7:00 –8:30 p.m.**